

Reducing the Spread of Flu and Colds

Flu and Colds are spread by:

- Coughing or sneezing.
- Not washing hands and touching eyes, nose, and mouth, especially during flu and cold season.



To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing

- Wash with soap and water.
- Clean with alcohol-based hand cleaner.
- Like we tell children, wash your hands as long as it takes to sing "Twinkle, Twinkle, Little Star" or "The Itsy, Bitsy Spider Went up the Water Spout."



Office of Environment, Safety and Health

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